



Chicken Burger & Onion Rings

with Slaw, Sweet Potato Fries & Ranch Dressing

TAKEAWAY FAVES

Grab your meal kit with this number

3



Sweet Potato



Brown Onion



Chicken Breast



All-American Spice Blend



Cornflour



BBQ Sauce



Slaw Mix



Bake-At-Home Burger Buns



Ranch Dressing



Chicken Breast



Cheddar Cheese

Prep in: 30-40 mins
Ready in: 35-45 mins

1 Eat Me Early

Dive into our drool-worthy burger packed with tender chicken, smothered in BBQ richness and paired with our crunchy slaw. We've even included how to make your own battered onion rings at home - a perfect side to this classic meal!

Pantry items

Olive Oil, Plain Flour, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
plain flour*	2 tbs	¼ cup
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
cornflour	1 medium sachet	2 medium sachets
BBQ sauce	1 packet	2 packets
slaw mix	1 small packet	1 large packet
white wine vinegar*	drizzle	drizzle
bake-at-home burger buns	2	4
ranch dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3387kJ (810cal)	496kJ (73cal)
Protein (g)	50.5g	7.4g
Fat, total (g)	19.5g	2.9g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	102.3g	15g
- sugars (g)	34.9g	5.1g
Sodium (mg)	1871mg	273.9mg
Dietary Fibre (g)	17.6g	2.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

4



Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to cover the base. To the bowl with **chicken**, add **cornflour**, turning to coat.
- When oil is hot, shake off any excess **flour** and cook **chicken** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting too crowded).
- Transfer **chicken** to a bowl, add **BBQ sauce** and turn to coat.

TIP: The chicken is cooked when it is no longer pink inside.

2



Get prepped

- Meanwhile, thinly slice **brown onion** into rounds, then separate into rings.
- In a medium bowl, combine the **plain flour** and a generous pinch of **pepper**. Add **onion**, tossing to coat.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.

5



Heat the buns

- While **chicken** is cooking, in a medium bowl, combine **slaw mix** and a drizzle of the **white wine vinegar** and **olive oil**. Season to taste.
- Halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

3



Cook the onion rings

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, shake off excess **flour** and cook **onion** (in batches) until golden, turning occasionally, **5-7 minutes**.
- Transfer to a paper towel lined plate. Season to taste.

6



Finish & serve

- Season fries to taste.
- Spread **ranch dressing** over burger bun bases. Top with slaw and chicken.
- Serve with fries and onion rings. Enjoy!

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD CHEDDAR CHEESE

Sprinkle over buns before warming.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

